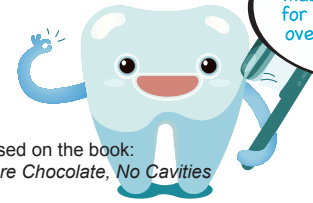


Tooth Snack Guide



Talk with your doctor or registered dietician before making any major dietary changes

Based on the book:
More Chocolate, No Cavities

Won't Cause Cavities*



(Low Carb foods)

Raw, Crunchy Vegetables
Raw, Leafy Vegetables
Cheese
Nuts
100% Nut butters
All Meats
All Fats
Water
Eggs

If you are thirsty, drink water!

Remember to give your child age appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years old and under.

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

(Usually) Won't Cause Cavities



Whole Milk
Fresh Fruit
Whole grain bread
Popcorn
Smoothies
Dark Chocolate (>70% Cacao)
Yogurt
Ice Cream
Dips & Sauces
Oatmeal

Crunchy is best

Don't get carried away, but it rinses away better than other desserts.

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Causes Cavities Easily



Candies
Soda
Juice
Chocolate milk
Cookies
Dried fruit
Fruit snacks/strips
Dried flour cereals
Pretzels
Crackers
Oranges & Bananas
Sports Drinks

Please still eat them, just not all day long

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.

Important Prevention Tips

- Always try to have a sip of water after every meal or snack!
- Give your child 4 to 6 organized "mini-meals" a day with only water in between.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- Help your child brush their teeth daily until they are six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional protection.
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!
- Get enough Vitamin D!

